



# Residential Schedule

Update: 2/18/2020

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workbook Pages	<b>RELATIONSHIPS</b> (pg. 209-222; pg.273-284)	<b>TRAUMA</b> (pg. 179-200)	<b>MENTAL/PHYSICAL HEALTH</b> (pg.29-98; pg.99-129)	<b>LIFE SKILLS</b> (pg. 131-177)	<b>RELAPSE PREVENTION</b> (pg.19-27; pg.223-271)	<b>RECOVERY FOCUS</b> (pg. 1-17; pg. 285) AA/NA	<b>SPIRITUALITY</b> (pg.201-207)
5:30-7:00	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End
7:00-7:30	<b>Daily Goal Setting In Recovery (Facilitator Led)</b>	<b>Daily Goal Setting In Recovery (Facilitator Led)</b>	<b>Daily Goal Setting In Recovery (Facilitator Led)</b>	<b>Daily Goal Setting In Recovery (Facilitator Led)</b>	<b>Daily Goal Setting In Recovery (Facilitator Led)</b>	<b>Daily Goal Setting In Recovery (Facilitator Led)</b>	<b>Daily Goal Setting In Recovery (Facilitator Led)</b>
7:00-9:00	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:10-10:40	9:10-10:40 <b>Process Group (Facilitator Led)</b> Individual Therapist Office	9:10-10:40 <b>Process Group (Facilitator Led)</b> Individual Therapist Office	9:10-10:40 <b>Process Group (Facilitator Led)</b> Individual Therapist Office	9:10-10:40 <b>Process Group (Facilitator Led)</b> Individual Therapist Office	COED GROUP 9:00-10A <b>Expressing Gratitude &amp; Affirmation in Recovery (Facilitator Led)</b>  <b>Developing Leadership Skills in Recovery (Facilitator Led)</b>	COED GROUP 9:00-10:15 <b>Truth about Living in Recovery (Facilitator Led)</b>	COED GROUP 9:00-10:15 <b>Spirituality: The Soul of Recovery (Facilitator Led)</b>  <b>Quiet Prayer/Meditation/Reflection/Reading (Facilitator Led)</b>
10:40-11:10	<b>Individual Reflection and Spiritual Growth</b> Journal, decompress from group, etc. in a quiet place.	<b>Individual Reflection and Spiritual Growth</b> Journal, decompress from group, etc. in a quiet place.	<b>Individual Reflection and Spiritual Growth</b> Journal, decompress from group, etc. in a quiet place.	<b>Individual Reflection and Spiritual Growth</b> Journal, decompress from group, etc. in a quiet place.	10:00-11:00 <b>State of The Program: Behavior in Recovery (Facilitator Led)</b>	10:30 - 11:45 <b>Anger Management (Facilitator Led)</b>	10:30-11:45 <b>Developing Creative Life Skills in Recovery (Facilitator Led)</b>
11:10-12:10	<b>Developing Structure in Activities of Daily Living</b>	<b>Developing Structure in Activities of Daily Living</b>	<b>Developing Structure in Activities of Daily Living</b>	<b>Developing Structure in Activities of Daily Living</b>	<b>Developing Structure in Activities of Daily Living</b>		
11:30-1:30	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass
12:00-12:50	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-2:00	<b>Community/Problem Solving Skills Group (Facilitator Led)</b>	<b>Trauma Solutions (Facilitator Led)</b>  <b>Pause for PAWS (Facilitator Led)</b>	<b>Medical/MAT (Facilitator Led)</b>  <b>Pause for PAWS (Facilitator Led)</b>	<b>A Transformative Life in Recovery (Facilitator Led)</b>	<b>Relapse Prevention Planning (Facilitator Led)</b>  <b>Pause for PAWS (Facilitator Led)</b>	<b>Motivational Techniques in Recovery: Intentional Positivity (Facilitator Led)</b>	12:45-1:30 <b>Developing Creative Life Skills in Recovery: Musical Expressions (Facilitator Led)</b>  <b>Experience, Strength &amp; Hope in Recovery (Facilitator Led)</b>  1:45-4:45 <i>Visitation, Phone calls for those without visitors</i>
2:00-3:00	<b>DBT Skills: Interpersonal Effectiveness (Facilitator Led)</b>	<b>DBT Skills: Distress Tolerance (Facilitator Led)</b>	<b>DBT Skills: Mindfulness (Facilitator Led)</b>	<b>DBT Skills: Emotional Regulation (Facilitator Led)</b>	<b>DBT Skills: Clear Mind- Skills for Addiction Coping (Facilitator Led)</b>  <b>Family Program Group (Facilitator Led)</b> <i>Invitation Only</i>	<b>Facing Feelings In Recovery (Facilitator Led)</b>	Women: <b>Developing Healthy Relationships in Early Recovery (Facilitator Led)</b>  Men: <b>Practicing Recovery Skills in Daily Action: Treatment Plan/Guided Journaling (Facilitator Led)</b>

